Davis-Monthan Air Force Base, Ariz.

Wednesday, Nov. 21, 2001



Photos by Karen Halstead

## **Native American Heritage Month activities**

(Above) Senior Airman Joyce Foxwell, 355th Security Forces Squadron and a member of the base Native American Heritage committee, gave Staff Sqt. James McChristian, a reservist from the 442nd Security Forces Squadron (called to active duty), fry bread Friday in the Base Exchange parking lot. (Right) Lenny Redhouse, a member of the Navajo nation, performed the Hoop Dance Saturday during the Native American heritage festivities.



## COMACC holiday message

By Gen. Hal Hornburg Air Combat Command commander

The holiday season from Thanksgiving to the New Year is our most festive time of the year. It's a time for sharing with family and friends, and also a time to reflect and look forward to the new year. This year finds many members engaged abroad or on alert at home so

America can safely enjoy the holidays.

A number of our ACC members will hit the road and travel significant distances during the holidays. Each individual needs to conduct his or her own per sonal risk assessment before tackling unfamiliar roads, adverse weather conditions, heavy traffic or that first ski run of the season. Stay alert during your travels and keep aware of your surroundings.

Safety never goes on a holiday.

In preparation for this holiday season, I want commanders, supervisors, coworkers and peers to all actively set the conditions for a safe holiday season. Let's ensure all members of our team conduct themselves in a responsible manner and take care of one another and their loved ones. Some celebrations start off with the best of intentions, but end in tragedy. I expect everyone to be actively involved in preventing drinking and driving, using seat belts, and happy holiday season.



wearing protective helmets. We don't want to lose the

life of a single ACC family member during this holiday season. Begin 2002 safely and ready for the challenges ahead. In that regard, my family sends best wishes to all of you for a safe and



Col. Paul Schafer

355th Wing Commander

Supporting each other and working together to provide the best programs and services is a goal for all D-M people.

Ideas, suggestions, comments, concerns and kudos are important improvement.

The best way to pass along a comment or to get an answer to a concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is **228-4747**.

An e-mail can also be sent to:

355thWing.CommandersCorner@ dm.af.mil. Callers must leave their

name, phone number and a message, and will receive a prompt reply in writing or by telephone. We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be

published in the Desert Airman. Anonymous calls may not be pub-

## Agency numbers

AAFES Agencies228-3904		
Accounting and Finance		
228-4964		
Chaplain228-5411		
Civil Engineering228-3401		
Clinic228-2930		
Commissary228-3116		
Family Support228-5690		
Fitness Center228-3714		
Housing Office228-3687		
Inspector General228-3558		
Legal228-6432		
Lodging228-4845		
Military and Civilian		
Equal Opportunity Office		

•••••	228-5509
Military Personel	228-5689
Public Affairs	228-3204
Security Forces	228-6178
Services	228-5596
Transportation	228-3584

### **Sauna Heat**

**Gym Concern:** The sauna has two units and the back unit does not heat. I talked to the Fitness Center staff about it and they said that it has existed since 1999. I would like see it fixed and the temperature maintained at the recommended level.

**Response:** Thank you for bringing this matter to the Fitness Center staff's attention. The sauna was repaired Aug. 17, and an energy conserving unit was installed. As such, one side will remain at low heat while the other is on and only kick in when the temperature goes below a pre-set tempature. We are always looking for new ways to improve the quality of service. If you have any further questions or concerns, call Robert Gibson at 8-4556.

## Oil Change Backup

Concern: The Care Care Center does an excellent job with customer service and good quality work. My only complaint is why do we have to reserve a spot for an oil change almost a month in advance.

**Response:** We apologize for the delay in scheduling service you and others have received there recently. The main mechanic was on annual leave, as they try to schedule his leave around this time of year because it is generally the special activities/events, more staff memslowest time. What actually caused the bers are added to help with the increased back-up in scheduling service was one of patronage.

the other mechanics left his job unexpectedly. The main mechanic has returned from leave and they are in the process of hiring another.

The Car Center should be back to normal scheduling. Currently, they are running eight days out on appointments and are working the issue to better serve valued customers.

## **Youth Center**

**Concern:** I am calling concerning the Youth Center's apparent shortage of employees. I have gone there in the last couple weeks and it has been difficult to find anyone. Have there been cutbacks or changes? There used to be three people to manage the food, the front desk and the children playing.

Response: Thank you for your comments concerning the staff at the Youth Center. Our regulations require that we always have two employees on duty anytime the center is open. Due to current world events, it is possible that when you came in, the other staff member was doing a security check of the building.

The average number of children coming to the center at night presently doesn't justify adding more labor. When we have

## **Davis-Monthan Unit Public Affairs Representatives**

Unit Public Affairs Representatives are the "eyes and ears" of the 355th Wing Public Affairs office. Each squadron has unique individuals that have interesting stories to tell, whether it is about sports, awards, lifesaving acts, IDEA program contributions, etc.

Stories also include units making improvements to the methods or processes that they use or to squadron facilities or community areas via self help projects. UPARs are responsible for getting the information to PA in a usable format and in a timely manner.

The PA staff focuses on issues that effect the base populace in general and UPARs judge the input for newsworthiness or unique human interest appeal before forwarding it to the PA staff.

Public Affairs utilizes UPARs to better tell a squadron's story. UPAR responsibilities include:

- ◆ Provide news ideas as well as write and shoot photos of squadron activities for submission to the base news-
- Review and solicit Hometown News Release submissions;
- Review squadron submissions to the base marquee and Commander's Access Channell (COX Communications Channel 75)
- ◆ Seek volunteers for tours and speaking engagements

D-M Unit Public Affairs Representatives 41st Electronic Combat Squadron

Airman 1st Class Christin Ouellet.

Airman 1st Class Karen De La Torre	228-9924
Airman 1st Class Robert Young	.228-9757
Capt. Lea Devine	
Senior Airman Samuel Storicks	
Airman Jacquelin Yockey	
42nd Airborne Command and Control S	
2nd Lt. Jim Moschetti	
43rd Electronic Combat Squadro	_
2nd Lt. Donald Bugg	
355th Operations Support Squadre	
Capt. Arvid Opry	228-5868
355th Training Squadron	
Staff Sgt. Amanda Maxey	228-9456
Staff Sgt. Sonya Mageau	228-5889
354th Fighter Squadron	
1st Lt. Diane Burch	228-4268
Staff Sgt. Joseph Rogers	
357th Fighter Squadron	
Master Sqt. Steven Foster	220 2467
358th Fighter Squadron	220-2407
	222 -222
Airman 1st Class Rene Pena	
Airman 1st Class Sherry Plasencia	228-3370
355th Civil Engineer Squadron	
1st Lt. Tyler Nielsen	228-2304
355th Support Group	
2nd Lt. Rodney Rodgers	228-3446
Staff Sgt. Willie Manalo	228-3445
355th Wing Staff	

Master Sgt. Gregory Pleasant22	28-4891
355th Communications Squadron	
2nd Lt. John Leary22	28-1773
Master Sgt. Anna Johnson22	28-4592
355th Mission Support Squadron	
Senior Airman Lori Paris2	28-412
355th Services Squadron	
Senior Airman Lisa Elliot22	28-3714
Airman 1st Class Cheryl Pinto22	28-5501
355th Security Forces Squadron	
Master Sgt. Walt Voltz22	28-6353
Master.Sgt.EricWilke22	28-3708
355th Equipment Maintenance Squadro	on
Capt. Rae Anne Swanson22	28-4184
Tech. Sgt. Darnetta Watkins22	
355th Supply Squadron	
2nd Lt. Meg Stohlman22	28-4350
Staff Sgt. Penny Twitty22	28-3440
355th Logistic Support Squadron	
Airman 1st Class Tiffany Hart22	28-4319
355th Transportation Squadron	
Staff Sgt. Mellony Howe22	28-3584
Airman 1st Class Tyrona Davis22	
355th Contracting Squadron	
Staff Sgt. Bryan Deal22	28-5431
355th Component Repair Squadron	
1st Lt. Sarah Maile22	28-3630
355th Medical Group	

Staff Sgt.Tommy Green	228-507
Airman 1st Class Nick Clisby	
Staff Sgt. Jill Jones	228-281
Staff Sgt. Carol Sligh	228-154
Tech. Sgt. Randall West	228-265
Staff Sgt. Brenda McGown	228-265
Staff Sgt. David Embrey	
Airman Basic Danny Watton	228-272
355th Comptroller Squadron	
Senior Airman Denice Schacht	228-122
Senior Airman Annie McCraney	228-664
Detachment 3	
Master Sgt. Otis Barnes	228-450
12th Air Force	
Tech. Sgt. Rian Clawson	228-605
25th Operational Weather Squadr	<u>on</u>
2nd Lt. Nengwi Shih	228-197
Staff Sgt. Lowell Coxie	228-659
Staff Sgt. Sean Shuman	228-197
AMARC	
Terry Vanden-Heuvel	228-844
607th Air Control Squadron	
(Luke Air Force Base, Ariz.)	
Senior Airman Shon SherearDS	N 896-721
362nd Training Squadron	
Tech.Sgt.Andrew Jewell	228-613
305th Rescue Squadron	
	228-216

The 355th Wing Public Affairs staff prepares all editorial content for the "Desert Airman." The editor will edit or re-write material for clarity, brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101.

Contributions for the Desert Airman can be made directly to the 355th Wing Public Affairs Office, Building 2300, Suite 2054, or through e-mail to desert.airman@dm.af.mil. The editor can be reached directly at 228-3152.

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355th Wing commander
Col. Paul Schafer

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## Airmen score high

The following individuals scored 90 percent or higher on their career development course exam in October:

### 12th Air Force

Staff Sgt. Molly Myers Senior Airman James Storr Senior Airman Brian Clark Airman 1st Class April Kendall Airman 1st Class Kristen Pruitt 612th Air Communications Squadron Airman Anthony Flores 43rd Electronic Combat Squadron Tech. Sgt. David Leahy Staff Sgt. Mark Parth Senior Airman Heather Deckley Airman 1st Class Jeremiah Ramage Airman 1st Class Cary Kersheval 355th Communications Squadron Tech. Sgt. Marcus Ricardi Staff Sgt. Brian Poling Senior Airman Wafrika Lightner Airman 1st Class Robert Hartwell

## 355th Equipment Maintenance Squadron Senior Airman Sean Petty Airman 1st Class Ernest Descheneaux

355th Component Repair Squadron Staff Sgt. Chadrick Conley

Airman 1st Class Jesse Marshall Airman 1st Class Christopher Stolz Airman 1st Class Devannon Hubert Airman 1st Class Christopher Rowe

355th Medical Group

Tech. Sgt. Eric Huth

Detachment 2, 67 IOG

Airman 1st Class Xavier Canez

354th Fighter Squadron

Airman Jason Logue

357th Fighter Squadron

Airman 1st Class Corey Morgan Airman 1st Class Garrett Smith Airman 1st Class Eric Baldock

358th Fighter Squadron

Senior Airman Steven Melton Airman 1st Class Joseph Canino

(Courtesy Base Training and Education Services)



## **Air Force Ball**

Col. Kathleen Spencer, 355th Logistics Group commander, left, Norma Nibblet, retired Col. Charlie Nibblet and 1st Lt. David Young, 612th Air Communications Squadron, ball chairman talk about ball festivities. More than 500 team D-M members attended the event that was pushed back from its original date due to force protection concerns.

## **Emergency Numbers**

Ambulance	911
Casualty Assistance	228-3686
(After duty hours)	
Duty Chaplain	
(After duty hours)	
Fire Reporting	
Public Affairs	
(After duty hours)	

Mortuary Officer	228-5964 or 4414
(After duty hours)	228-3121
Command Post	228-7400
355th Security Forces Crim	ne Stop228-4444
Safety	228-5558
(After duty hours)	909-0316
Base locator	228-3347
TIPS Line	228-TIPS (8477)

airmen were saved from the consequences of driving under the influence by 10 p.m. to 5 a.m. Fridays and the Airmen Against Drunk

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days since last D-M DUI Last unit: **43rd Electronic Combat Squadron** 

## **News Notes**

## **USAF** communications survey

A Communications Survey will soon be arriving via mail or Web-based formats to 12,000 people. The survey will explore where Air Force people get information about the Air Force, what they like or value about the different media products available and how we could improve those products in the future. Keep an eye out for large white envelopes from the Survey Service Inc., out of Buffalo, NY, who is handling the surveys. D-M's participation is requested so that changes can be made to help improve the Air Force.

### Air Force Times "Best Base" Award

In December, an Air Force base will be selected by the staff of Air Force Times as the first-ever Air Force Times "Best Base." This award recognizes the Air Force base that achieves the highest quality of life in living conditions, community spirit and support for service members and their families. In addition to "Best Base," other categories include "Best for Families," "Best for Singles," "Best Facilities" and "Best Community Spirit." The winning base will be selected from input given by any Air Force member wanting to participate. Nomination forms for the Air Force Times "Best Base" Award are available in issues of Air Force Times and online at www.AirForceTimes.com/bestbase. Runners-up and individual category winners will be named in the Dec. 24 issue of Air Force Times and the winning base will be recognized in the Dec. 31 edition.

### **Volunteers needed for WMD drill**

The Tucson Fire Department and the Pima County Office of Emergency Management will conduct a Weapons of Mass Destruction drill from 9 a.m. to noon Dec. 8 and they are in need of 200 volunteers. Those attending the drill will be assigned as injury or contamination victims. Volunteers will meet at Santa Rita High School and are requested to wear old clothes and to bring extra clothes to change into after the drill. If interested in volunteering, contact Staff Sgt. David Embrey at david.embrey@dm.af.mil or 8-2714.

## Officer in trenches with troops at Bright Star

By Master Sgt. Richard Covington **Bright Star Public Affairs** 

An officer from Nellis Air Force Base, Nev., is playing a vital part in a large coalition exercise Mubarak Military City,

Lt. Col. Rod Matte works in the combat operations center as an air operations officer for Bright Star. Bright Star 01/02 is a U.S. Central Command and Egyptian exercise that involves thousands of military members from the U.S. Army, Navy, Marines and Air Force, and allied nations such as Egypt, Germany, France and Italy. The exercise is held every two years in October.

Matte is one of a dozen people from Nellis deployed to support the exercise. He is also one of the few Air Force members at MMC, which is dominated by U.S. sister services and coalition forces.

Matte said the morale and facilities at MMC are good. "The accommodations at MMC aren't too bad," Matte said. "I live in a high-rise, which is better than a tent. I have two hot meals a day and a meal ready to eat (a military packaged meal) for lunch.

But it's not Club Med; there isn't a stick of senior American and allied leadership lofurniture, and no air-conditioning, hot water or toilet in the apartment."

Matte spends his free time running 10 miles daily. "I usually spend 12 hours a day at work, but that's mainly because we have air-conditioning, CNN and a toilet there," he said.

As a liaison between the Bright Star coalition force commander and the commander of the coalition air forces. Matte and his co-worker, Lt. Col. Jayson Esplin, from the 354th Fighter Squadron, coordinate all fixed-wing and helicopter flights for the exercise.

This duty has made his job dependent upon secure telephone lines and e-mails, as the coalition force commander is located at MMC and the commander of coalition air forces and the coalition flying operations center is located several hours south at Cairo West, Egypt.

"My job would be a lot easier if I could just walk to another building and talk to the people I need to work with, "Matte said in reference to the army, navy and Marine forces center, which is located at MMC.

His job also requires daily meetings with

cated at MMC. Matte said, "The typical missions for the collation forces during the exercise are dissimilar basic flight maneuvers or dissimilar air combat training."

This puts different types of allied aircraft against each other, for example the Egyptian F-4 Phantom against the American F-16. According to Matte, this training is more realistic than having the same type aircraft from the same unit flying against each other.

"In some respects it's almost like a U.S. Air Force Red Flag at Nellis, which also strives to bring in a variety of aircraft and services," he said.

Matte also expects several days of airrefueling, reconnaissance and close air support missions as the exercise wraped up.

Matte, a veteran of real-world coalition efforts such as Operation Proven Force in 1991 and Provide Comfort in 1992, says coordinating coalition efforts is difficult. The services and allies all have different ways of doing things. "They have different equipment, procedures, languages and cultures," he said. "Yet this training will make the coalition stronger and better prepared."

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## **FSC Carnival**

Pop, of Faithful Fools (a non-profit group of retired military/ spouses of retired military), entertained children during the Family Support Center carnival Saturday. The center puts on the event using private donations. The FSC staff is available to help families deal with emergencies and to provide assistance during transitions. Call 8-5690 for more information about their programs.

## D-M building dedications

Four D-M buildings have been dedicated to honor the memory of the following men:

- ◆ The General William Blanchard Golf Course, named for the distinguished cold-war leader who died on active duty in 1966 while serving as Vice Chief of Staff of the Air Force
- ◆ The Haeffner Fitness Center named for Maj. Gen. Fred Haeffner, who was a decorated fighter pilot in Southeast Asia and commander of the then 355th Fighter Wing.
- ◆ The wing headquarters building, Thorsness Hall, is named after Col. Leo Thorsness, a Vietnam-era Medal of Honor recipient who risked his life to protect his downed F-105 Wild Weasel wingmen.
- ◆ The 12th Air Force headquarters building carries the name of World War II Medal of Honor Recipient 1st Lt Raymond Knight, a P-47 Thunderbolt pilot who, in a single two-day period, personally destroyed 14 enemy aircraft and led raids which destroyed 10 more during a critical period in the Allied advance though Northern Italy.

# Officials dedicate CDC to Dorothy Finley

By Karen Halstead 355th Wing Public Affairs

The Child Development Center is now officially named the Dorothy H. Finley Child Development Center. The center was dedicated Monday in a formal ceremony officiated by Lt. Gen. William Hobbins, 12th Air Force commander.

Finley was recognized for her dedication and commitment to the Tucson D-M communities. Finley, a charter member of the D-M 50 group, works with other community leaders in support of quality-of-life issues for Air Force men, women and their families.

Only, four other buildings at D-M are named after significant leaders. Finley is the first non-military person to have a building named after her, Hobbins said. "Finley is a Tucson hero, a living legend. Building dedications are rare and the honor is reserved for those who are truly distinguished.

"Dorothy is someone who lives to make a difference in the lives of others, to inspire," he said. "We are grateful to name this building after her."

help each other out, and if something needs to be done then you do it," he said of Finley.

The CDC has received assistance from the D-M 50 through financial support for toys and equipment, of which Finley is an active member, according to Maureen Echavarry, CDC director.

"Dorothy is a great philanthropist in Tucson," said Jim Kolbe, U.S. congressman. "Her personal sacrifices are for the betterment of the community.

"She cares about Davis Monthan," Kolbe said. "The D-M 50 group is a proactive forward-looking group. There hasn't been anyone more important over the years as Dorothy Finley in the (D-M 50) group."

"I couldn't believe it when they told me (of the honor)," she said. "I was thrilled."

"(The military is) my source of freedom and I'm going to do everything I can to help (them).

"Her spirit of helping others and making a difference in the lives of Tucson citizens through education has in-

"She has the attitude that neighbors spired thousands to achieve their goals," Hobbins said, "there is no better example for the children of D-M and no one more deserving of this honor."

> "We couldn't do what we do here, without the support of the (local) community," said Col. Paul Schafer, 355th Wing commander. "It's the total committed effort that makes our base thrive."

> "Dorothy's commitment to D-M has dramatically improved the quality of life for our airmen and their families. She is D-M's best friend and we are honored to place her name on our Child Development Center.

> "I love D-M." Finley said. "It's important to us (D-M 50) that your little ones are taken care of. This is one of the greatest days of my life ... I will never forget it."

> A new \$6.2 million CDC facility has been approved by Congress. Construction is tentatively planned to begin in the fall of 2002. The additional childcare facility will increase the number of children able to use the facility from the current capacity of 148 to 300. The new facility will be built adjacent to the current CDC.

## Two families: both are worth holding on to

**By Chief Master Sgt. Herman Arias** 355th Logistic Support Squadron

Twenty-five years ago, I became a member of two special families. I married my sweetheart in December 1974 and I joined the United States Air Force in January 1976.

Since then, we have had four children and numerous assignments. Our first daughter was born at Fort Bliss, Texas, while I was at my first duty station, Royal Air Force Bentwaters, England.

Our second daughter was born at RAF Lakenheath, England; one son was born here at D-M, and my youngest son was born in Adana, Turkey. During a military career, there will be many sacrifices, not only for the active-duty member but also for the spouse and children.

There are TDYs to schools, deployments to places in harm's way and the uncertainty of how our loved ones are doing. There's constant moving from base to base, uprooting the family from one community to another.

Children often experience anxiety when they leave their friends and try to make new ones. As it turns out, our kids did not see this as losing friends, but rather as an opportunity to keep the old ones and make new ones.

Afterall, how many kids, other than military, can tell their new friends they've traveled: to London, England, and have seen the "changing of the guard;" to towns in Spain and seen the "running of the bulls;" to Taursus, Turkey "the birthplace of Paul the Apostle;" to Rome, Italy and visited the Vatican; and other endless wonderful places. These are just a small sampling of the numerous opportunities for military members and their families while they are members of the "bigger" United States Air Force family.

Like other Air Force enlisted members, I started my career in Lackland AFB, Texas. As we moved due to assignments, and I traveled on temporary duty, I came to realize that just as I depended on my wife to take care of our children, I counted on the Air Force to take care of my family.

During my six-month deployment in support of Operations Desert Shield and Desert Storm, like thousands of other military families, my family faced adversities such as: two vehicle accidents, car problems, emergency room visits, problems with the Spanish phone company, etc. while I was gone, squadron members did not hesitate to come to the rescue on many occasions. The renewed sense of



Courtesy photo

Tech. Sgt. Mike Douthitt (left) talks to Chief Master Sgt. Herman Arias.

unity we are seeing in this country since Sept. 11 is on the level that I have experienced in the Air Force throughout my career.

After 26 years in uniform, I decided to retire and move on to a new career. During three months of terminal leave I felt there was something missing, not to mention the new job was not as rewarding as the previous. I decided to ask for a withdrawal of my retirement date and stay on active duty.

In retrospect, what I was missing was the camaraderie I had developed with my fellow chiefs, and special relationships between supervisors, coworkers and subordinates. I recently met a staff sergeant who had completed his master's degree and decided to separate to move on to a new career. He, too, found that there is no better organization then the United States Air Force and decided to reenlist after 70 days of terminal leave and only two days prior to his actual separation date.

So often we risk taking for granted our jobs, families, relationships, and possessions and as the saying goes, "you don't know what you have until you lose it."

The Air Force is a great way of life,

and that is not just a catchy phrase. We should all carefully weigh the pros and cons before we make the critical decision to separate or retire.

The privilege of serving the American people, being part of a fantastic, caring organization and being a member of the most powerful military force on earth is a job worth doing well.

"The Air Force is a great way of life, and that is not just a catchy phrase ..."

**Chief Master Sgt. Herman Arias** 355th Logistics Support Squadron

## Is it worth killing someone?

A military member drank between eight to 12 glasses of beer. His friends and coworkers noticed his condition, yet they assumed he would not drive home since he had been responsible in the past. One buddy even offered him a ride, but he declined. He decided he could drive home.

This military member ran a red light at the corner of 22nd Street and Wilmot Road, plowing into a vehicle occupied by a family. Injuries to the family included laceration of the liver, injured kidneys, a fractured pelvis, severe concussions, injuries to the spleen and multiple lacerations and abrasions. Four hours after the accident, the sergeant's blood alcohol level was still over double the legal limit. His sentence included a five-year prison term. The real impact of his irresponsibility is best seen in the lives (and deaths) of those who have suffered its consequences.

This was a real incident, yet military members and their families continue to think that they won't be caught if they drink and drive. They don't believe they can be involved in an alcohol related accident.

Anyone crazy enough to try a stunt like this should realize drinking and driving ends lives and careers.

Offenders and their supervisors are required to stand in front of their commanders to explain why they chose to endanger lives by drinking and driving. What would be your answer? Could you justify jeopardizing you career, your life, or worse yet, the lives of others? Don't be the one who widows your spouse, orphans your kids, shatters the lives of innocent people or breaks the hearts of your parents, family and friends. Don't be the one who looks the other way when you see a friend or coworker drink alcohol then get behind the wheel of a vehicle. Remember irresponsibility when drinking destroys lives, careers and dreams. The real tragedy is that it is preventable. It's past time we ask ourselves some tough questions about drinking and driving. Is it worth killing someone? Could you live with yourself knowing that you took a person's life because you were careless? (Courtesy 355th Security Forces Squadron)

# Holiday video greetings for deployed family members

Family members and friends of deployed D-M people are invited to tape a holiday greeting which will be sent to their loved ones overseas Dec. 8. This is a free service offered by Reel Kids Productions Inc., a local nonprofit production company.

For more information or to sign up, please call Staff. Sgt. Karin Wickwire, 355th Wing, at 228-3378 or e-mail her at karin.wickwire@dm.af.mil



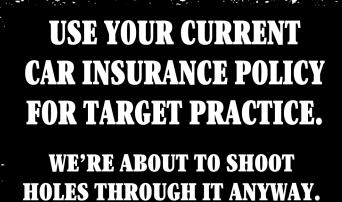
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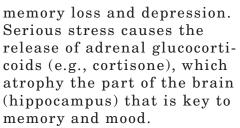


## Medical staff offers natural relaxation tips to deal with stress

Diet, exercise, insight and herbs can put you in a calming mental hammock.

Everyone seems to suffer from stress these days-at least you'd think so, ever since "stressed out" became a synonym for "busy." When it comes in moderation, stress is a normal part of life—one that sparks creativity and positive action.

Stress only becomes unhealthy when life's demands become too much to bear. Severe, chronic stress or depressions actually cause



STH MEDICAL GRO

If you suffer undue stress, consult a psychiatrist or psychologist.

They may suggest making changes to contributing circumstances in the office or at home and counterproductive personal behaviors (procrastination, negativity, etc.).

Clinical studies show benefit from exercise, cognitive therapy and relaxation modalities like meditation and biofeedback.

People also need a balanced, nutritious diet to handle stress.

And, to ensure optimal

intake of all essential nutrients, it makes sense to take a daily multivitamin/mineral supplement.

However, the body needs more of certain nutrients to handle excess stress.

These include calcium, magnesium, vitamin C and all 11 of the B-complex vitamins—especially B5 and B6. Vitamin B5 is needed for adrenal function (fight or flight response) and B6 is essential for production of the mood-balancing neurotransmitter serotonin.

To ensure proper balance among all the essential nutrients, take a high-potency multivitamin-mineral formula every day, adding extra of the above, as recommended by a nutritionist. In addition, it is wise to cut back on caffeine, sugars (cane, grape, corn or otherwise), and alcohol.

The average American diet is deficient in Omega-3 essential fatty acids which are needed for proper nerve and brain function.

You can get these by eating fatty fish (salmon, mackerel, mahi mahi, bluefish, etc.), seeds, nuts, dark green leafy vegetables and supplemental flax or hemp oil.

Your brain also needs specific neurotransmitters to manage stress. The body can use supplemental <u>5</u>hydroxytryptophan to make one key neurotransmitter called serotonin.

Another critical neurotransmitter—gamma amino butyric acid (GABA) is available as a dietary supplement. Clinical evidence indicates that both are safe and potentially effec-

If, after altering contributing circumstances, and ensuring good nutrition, you still suffer from abnormal stress and/or anxiety, consider herbal interventions. Certain herbs can help as you address underlying causes in the ways we've described.

## **Herbal/ Aromatic** Helpers

Anti-stress herbs fall in to two general categories. Tonic herbs bring balance to various metabolic systems that affect stress, including adrenal function and blood sugar. The best known and most studied are three ginseng plants that contain similar compounds in unique ratios that alter their precise effects: Chinese/Korean Ginseng (Panax ginseng), American Ginseng (Panax quinquefolium) and Siberian Ginseng (Eleuthero senticosus). Relaxant herbs are just what the term implies. The European herbal tradition offers four timetested relaxants—valerian, chamomile, passionflower (from the Americas), and hops. Each one is supported by modern research.

Most authorities recommend taking two or more in combination, to enhance and balance their overlapping effects.

Aromatherapy scents can calm you down and lift you up, by directly affecting the limbic system or "emotional" brain through the olfactory bulb—the only sense organ that is an extension of the brain itself. (Courtesy 355th Medical Group)







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# THE LIGHTER SIDE of 'Air Traffic Control'

## **Globemaster humor**

There's a story about a C-124 and an F-4 on intersecting taxiways at Rhein-Main AB long ago. The F-4 driver asked ground control what the Globemaster's intentions were. It is said that the C-124 pilot opened the clamshell doors in the nose and announced, "I'm going to eat you."

## Meeting the customer's needs

On some air bases, the Air Force is on one side of the field and civilian aircraft use the other side of the field, with the control tower in the middle. One day a tower received a call from an aircraft asking, "What time is it?"

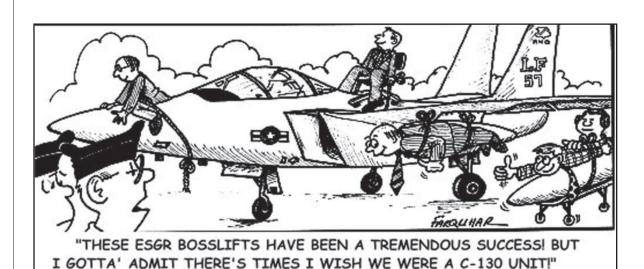
The tower responded, "Who is calling?"

The aircraft replied, "What difference does it make?"

The tower replied, "It makes a lot of difference. If it is an American Airlines Flight, it is 3 o'clock. If it is an Air Force aircraft, it is 1500 hours. If it is a Navy aircraft, it is 6 bells. If it is an Army aircraft, the big hand is on the 12 and the little hand is on the 3. If it is a Marine Corps aircraft, it's Thursday afternoon."

## THE LIGHTER SIDE





(Guard and Reserves familiarization for civilian employers)

(Editor's note: "The Lighter Side" is a forum for all D-M members to submit original, previously unpublished Department of Defense, Air Force, 355th Wing and D-M comics, cartoons, photographs and humorous military stories and quotes. Political satire and altered photographs will not be published. Stories must be 100 words or less. Contributions for "The Lighter Side" can be made directly to the 355th Wing Public Affairs Office, Building 2300, Suite 2054, or through e-mail to desert.airman@dm.afmil. The editor can be reached directly at 228-3152.)

## **Final Answer**



Senior Airman Erica Hix 355th Transportation

"To eat and dance."



Staff Sgt.
Martin Gonzalez
355th Equipment
Maintenance Squadron

"Eatin' turkey and watching football."



Airman Roy Pierce 42nd Airborne Command and Control Squadron

"Getting around family and food."



Staff Sgt. Lyn Finona 355th Mission Support Squadron

"Watch TV, eat dinner and spending time with the family."



What is your favorite 'Turkey' Day tradition?

Senior Airman Laura Henderson 355th Operations Support Squadron

"Eatin' pumpkin pie and whip cream."



Airman 1st Class Breanna Sarrett 355th Mission Support Squadron

"Slicing the yams."



Senior Airman Amy Kunkel

## **Sonoran Spotlight**

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member (officer, enlisted or civilian) of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)

Name and rank: Master Sgt. Gregory Harrell

Organization and duty title: 355th Operational Support Squadron chief controller Tower/Radar (tower manager)

Marital status and children: Married with three children: Jon, Carvn and Kimi

Hometown: Tucson, AZ

Why did you join the Air Force: Serve my country and pursue higher education

Main job responsibilities: Leading the tower, ensuring the safe and expeditious separation of air traffic in D-M's terminal envi-

Best aspects of the job: Separating jets

Career goals: Make a difference through leadership and leave the Air Force Air Traffic Control System with highly experienced and motivated leaders for the future.

Hobbies, outside activities: Camping, and just about anything What do you like best about D-M: The people I am privileged to

What has been your best assignment and why: Current assignment, because of the many challenges in our air traffic system Name someone who inspires you (or that you admire) and why: Many people inspire me. Call me crazy, ate up or whatever you want. I always think of those who have served before me and sacrificed for this great nation. It is the main reason I am still around.





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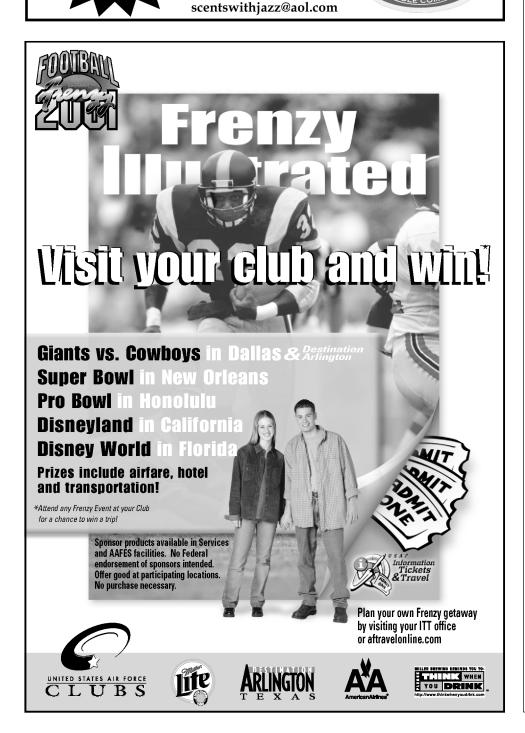
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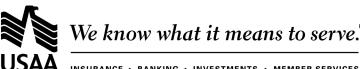
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## NASCAR makes a pit stop at Museum

## **By Capt. Jeffrey Sandrock**

Air Force Materiel Command Public Affairs

NASCAR Winston Cup Series racing team No. 21 made a pit stop to donate a special edition car hood depicting the Air Force logo and the F-22 Raptor to the U.S. Air Force Museum Nov. 13.

The car's driver, Elliott Sadler, was on hand with owners Eddie and Len Wood, to present the "raptor" hood, which was specifically designed to honor members of the Air Force.

A good partnership with NASCAR and the Wood brothers' racing team reaps great rewards in recruiting and public awareness, said Gen. Lester L. Lyles, commander of Air Force Materiel Command.

The Air Force is extremely proud of its association with NASCAR and the Wood brothers' crew, he said.

"This whole team exudes class. You couldn't ask for a better group of people," Lyles said. The Air Force has advertised on Wood brothers' NASCAR Motorcraft No. 21 Ford Taurus since the start of the 2001 racing season, displaying the Air Force symbol in white on a red body on the car's hood.

The blue "raptor" paint scheme was created as a special one-time tribute to Air Force people, and the car was raced in the Coca-Cola 600, in Charlotte, N.C., May 27.

Raptor, which means bird of prey, was applied to the F-22 fighter to capture the essence of its speed and lethality.

"There is a common bond between racing and the Air Force," said Maj. Gen. Charles D. Metcalf, the U.S. Air Force Museum director, who accepted the car hood on behalf of the museum.

"The folks who follow aviation and the folks who follow racing have a lot in common," Metcalf said. "They both love speed." Lyles described the NASCAR experience as exhilarating, saying, "You haven't lived until you hear that 700-horsepower-plus engine running and watch these professionals out on the track."

These same professionals, the Wood brothers and Sadler, penned their autographs on the hood for final display in the main atrium of the museum.

"We will place it with great honor," said Metcalf, describing the car hood's permanent mount on the wall, and anyone who enters and exits the museum will see it.

The Wood brothers team members were invited to tour the museum, after which Sadler said with a smile, "Everything we have been exposed to with the Air Force has been first class."

## **Turkey Shoot**

Fort Huachuca (with ball) competed against the D-M teams Saturday during the Fourth Annual Turkey Shoot flag football competition. The competition rotated between Luke AFB, Fort. Hauchuca and D-M. Fort Huachuca won with a 3-1 record, D-M's Monday/ Wednesday night all star team took second place with a 2-2 record. The event was sponsored by First Command Financial Planning. The teams will compete at Fort Huachuca next year.





Photos by Senior Airman Amy Kunke

## **Sports Shorts**

## **Kids golf for less!**

During Military Family Month, through Nov. 30, youngsters accompanied by an adult pay only \$3 to golf at the Blanchard Course. This Sunday, kids teeing off with an adult get a free hot dog, fries and soda after their round. Find out more at the pro shop, 228-3734.

## Win a trip to the Super Bowl

Watch your favorite team on NFL Sunday Ticket, at both D-M clubs.

Football Frenzy offers free snacks, prizes and beverage specials. Sign up for one of Air Force's national drawings, for trips to Dallas for the Giants game, Dec. 9, New Orleans for the Super Bowl and Hawaii for the Pro Bowl. Trips include airfare for two, hotel and use of a rental car.

Trips for four, to Disneyland and Disney World, will also be given away.

Football Frenzy sponsors are American Airlines, Miller Brewing Company, the Walt Disney Company, Destination Arlington (for the Dallas game), and the Double Tree Hotel.

## Women's soccer team

The Davis-Monthan Thunder soccer team is looking for a few good women to play soccer. Recreational players and first-time players are also welcome to come along and learn the game while having fun. Call Al Shaff at 625-3461 or Pam Belcher at 514-9270 (duty phone 228-3200) for more information.

### **Turkey Trot 5K Run winners**

The following individuals won the 5K run held Nov. 16 by the Native American Heritage Committee:

### Men

(1st place) Jason Self (2nd place) Andrew Wallace

### Women

(1st place) J. Elaine Hunnicutt (2nd place) Sharon Ehasz The next 5K Run is scheduled for Dec. 14 at the base track.

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C., 1 0 7.45

Sat. 2-7:45 p.m.

## Family Support 228-5690

### Saturday:

-Hearts Apart Movie, 6:30 to 9 p.m. for a free movie featuring "Max Keeble's Big Move". Call to make reservations.

### **Monday:**

-Interviewing Workshop, 8 to 10 a.m., Building 3200, Room 266.

### **Tuesday**:

-Right Start/Medical, 8 a.m. to 3:30 p.m., Building 3200, Room 266 -Time for Tots, 9:30 to 10:30 a.m., Desert Dove Chapel.

### Thursday:

-Car Buying 101, 2 to 4 p.m. Building 3200, Room 267.

### **Give Parents a Break**

The next Give Parents a Break is scheduled for Dec. 1 and 15 from 2 to 6 p.m. It offers free childcare to active-duty Air Force parents who need a break. Call for guidelines.

### **Smooth Move**

Help is available to help you prepare for your next PCS assignment. The next briefing is Dec. 5 from 8 to 11 a.m. in Building 3200, Room 266. Call for reservations.

## **Right Start Orientation**

Right Start is a base orientation program designed to welcome newcomers, military, DoD civilians and their spouses. Right Start is conducted in Building 3200, Room 266/267, 8 a.m. to noon December 4, 11 and 18. Free PCS childcare is available.

## Free Layettes

Air Force families, E-4 and below, who just had their first child, can get a free layette and several baby items. Call 8-3369 for more information.

## **Education Services 228-3813**

## **Counselor Appointments**

Contact counselors directly by email or telephone at:

Phil King 8-4249

Phil.King@dm.af.mil

Gail Stecker 8-3484

Gail.Stecker@dm.af.mil

### **Needs Assessment Survey**

The Education Services Needs Assessment can be accessed on the intranet through the Education Services

Web site.

The survey is used to bring new educational programs on base; individual comments are important to the educational program.

**Study Skills Class:** Nov. 30, 8 a.m. in Building 3200, Room 265.

**ACT:** Nov 30 at 1 p.m./ Dec.28 at 1 p.m. **SAT:** Dec. 14 at 1 p.m.

Commissioning Briefings: Nov. 29 at 2 p.m. in Building 3200, Room 264.

## **Community Activities**

## **Christmas decorations**

The Base Exchange will stock Christmas decorations in the Home & Garden Store, Building 2409, across from Car Care and Child Development Center. This year a broader assortment and better display of merchandise will be available.

## Home buying workshop

The Housing Management flight will sponsor a home buying and selling workshop Dec. 7, 8 to 11 a.m. in the Desert Oasis Enlisted Club.

Representatives briefing include: mortgage companies on guaranteed home loans for veterans, realtors on local housing market information, mortgage title on the escrow process and a home inspection company on the benefits of the home inspection prior to purchase. Refreshments and door prizes will be given.

Call Tina West at 8-5548 for reservations.

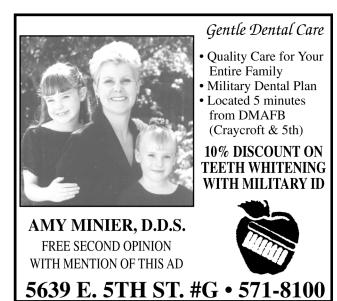
## Thrift shop hours

There will be a bag sale in the donation room only Tuesday and Wednesday. Normal Thrift Shop shopping hours are Tuesdays and Wednesdays from 9 a.m. to 2 p.m. and consignment hours 9 a.m. to 1 p.m.

The shop is also open the first Saturday of the month from 9 a.m. to noon with consignments accepted from 9 to 11:30 a.m.

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## Movies

Movies begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults and \$1.50 for children under 12 and senior citizens. For the theater movie recording, call 748-1157.



### Sunday Glass House (PG-13)

Two teenagers who lost their parents, move in with a couple, but they begin to suspect that their adoption was planned in advance of their parents death.



1 p.m. Friday Shrek (PG)

Set in a strange, colorful land populated by fairy tale characters, SHREK is a hilarious comedy that will win over audiences of children and adults alike.



## Friday Planet of the Apes (PG-13)

Tim Burton reinvents Pierre Boulle's classic novel, beginning with the famed original film's premise - a pilot finds himself in a world turned upside down after landing on a strange planet.

## Saturday Max Keeble's Big Move (PG)

For paperboy Max Keeble, the seventh grade means a chance at a new beginning and an opportunity to reinvent himself and start over.



## **Chapel Information**

Following are some of the services and activities offered by the D-M Chapel. All services and activities are at the Desert Dove Chapel unless otherwise noted. For more information, call 228-5411.

### Catholic schedule

**Saturday:** Mass is at 5 p.m. Sacrament of reconciliation is at 4:30 p.m.

**Sunday:** Mass is at 7:30 and 10 a.m. Sacrament of reconciliation is at 9:15 a.m.

**Daily:** Catholic Mass and Communion is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

### **Protestant schedule**

**Sunday:** Protestant Contemporary Service is at 8:30 a.m. at the Hope Chapel.

Protestant Inspirational Gospel Service is at 11:15 a.m. at the Hope Chapel.

Protestant Traditional Service is at 11:15 a.m.

**Friday**: Marriage Builders is at 11:30 a.m. Registration re-

quired. Aim High Bible Study is at 7 p.m. For location, call 899-8320.

**Saturday**: Young Married Bible Study is at 6 p.m. For location, call 546-4553.

**Monday:** Protestant Women of the Chapel is a bi-monthly meeting at 6 p.m. Childcare is provided. Call for schedule.

**Tuesday:** Women's Bible study is 9:30 to 11:30 a.m. Childcare provided. Singles Bible study is at 7 p.m. in the third floor dayroom, Building 4224.

Wednesday: Men's Ensemble meets at 4:30 p.m.; Cantata rehearsal is at 6 p.m.; Angel and Chancel Choirs meet at 7 p.m.

Protestant Youth meet at 6:30 p.m. and Children's Bible study is at 7 p.m.

**Thursday:** Mothers of Preschoolers meet the second Thursday of each month from 9 to 11:30 a.m. Childcare is provided.

Protestant Men of the Chapel meet the second Thursday of each month at 11:30 a.m.



# HUGE HOLIDAY TENT SALE

## In front of Base Exchange Friday, November 23rd Saturday, November 24th Only!

Huge selection to choose from:

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# DESERT AIRMAN CLASSIFIEDS

### **Homes for Sale**

House For Sale Rita Ranch 3 BR (optional den) 2 Bath 2 Car Garage 1265 Sq. Ft. Fully landscaped front and back, 10 X 12 Storage Shed, Built 2001, available immediately, \$117,500, contact 664-2370 for appointment

### **Shared Housing**

Female seeking female roommate, Pet Friendly, near D-M-- Pet Sitter needed ASAP Please call 747-2704/5691. 11/16 1T/P.

### **Apartments for rent**

1 or 2 bedroom starting at \$375. Gated community a pool laundry room patio/ balcony, close to base Rosemont Garden 5121 29th St./neat Craycroft 790-6146. 11/2 5T/P.

## **Condos for Sale**

Bedroom Condo on Oracle and Orange Grov. Full carport next to shopping and post office 574-0585. 11/21 1T/P.

### Condos for rent

1 bedroom \$450./mo. A/C, pool, plus extras 574-0585.

## Services

## **Retired Roofer**

Doing Side Job's At Reasonable cost, stopping one leak \$55.00. Also Cement-Asphalt, Drives, walks and cracks 602-212-2608 Ask for Sam. 11/21 1T/P.

### **Child Care**

Free Childcare! 1 week free after 3 weeks. 6am-6:30pm. Breakfast/Lunch. Toddler-9yrs. Providing quality childcare for over 40 years. DES approved. Very low co-pay. Wilmont/ 22nd area. Little Beavers School 747-7384. 10% military discount. 11/2 4T/P.

### Furn. & Appliances

Movina Sale, 19-inch Sonv Trinitron color TV, \$100, 17inch computer monitor w/ detachable ZIP drive and surge protector, \$200, call Elaine at 661-4358, leave a message with your name and number.

Sofa (hideaway bed) and love seat, \$300, dining room table w/leaf and 4 chairs, \$200, oak chest of drawers, \$100, 2 twin size beds, \$200, oak 2-piece computer desk, \$200, call Elaine at 661-4358, leave a message with your name and number.

### **Pets**

Free 5-year-old Shepherd/ Akita mix named "NALA". Great with kids! Kennel trained and indoor kennel included. Shots and license current, contact Tera 885-0434

Found - White/Cream colored flop-eared Rabbit in Kachina housing. Call 514-8514 to claim it. Looking for a good home if owner does not claim it.

### Misc. for Sale

Antique English hall tree, \$500; German wine rack, \$100; various blue/gray ceramic crocks from Europe, \$10-20, all OBO, call 760-1047.

PCSing must sell, oceanic 30-gallon aquarium, new fluval filter, everything including fish, \$300; men's bicycle GT Passage, needs cable, good shape, \$150 call 529-8488

## **Employment Opps.**

ADULT EDUC. ASSISTANT PROGRAM MANAGER Embry-Riddle University (ERAU) has full-time Educ. Asst Program Mgr. position available at Davis-Monthan AFB. Associate Degree, strong computer and communications skills required. Adult Educ/Ofc Mgt/Aviation experience desired. Entry level salary \$20,663. plus benefits. Fax resume and cover letter to 520/747-7681 or mail to: Center Director, ERAU, 355 MSS/DPE, 5260 E. Granite St. Davis-Monthan AFB, AZ 85707-3009

email to: or send tucson\_center@cts.db.erau.edu

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Park University at Davis-Monthan is hiring Adjunct Faculty to teach freshmen through senior level courses. Masters Degree required. Openings in areas of Accounting, Economics, Criminal Justice, Psychology, Sociology, Management, Human Reources, and Finance. For application contact Donna at 748-8266. EOE.



### **Motorcycles**

2001 Kawasaki ZX7R. 4,000 miles. \$8,500 Firm. Call Chris @ 748-1589 or email lamundejay@gwest.net. Pictures Available.

1998 HONDA CBR 600 2,800 miles \$5,000 OBO includes 2 helmets/bike cover, call 885-8216

### **Cars & Trucks**

1998 Mazda B2500 SE 31,000 miles, AC, 5-speed, sliding rear window, bedliner, AM/FM/CASS asking \$8,500 OBO, call 519-0608

1995 Camaro, red w/ black/gray int, AM/FM/ cass, 5-spd, pwr wndw/lck/ mirr, ABS, cruise, 3.4LV6, 160hp, alloy wheels, 75,000 miles, good condition, \$6,000, call 885-8790.

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<ul> <li>□ HOMES FOR SALE</li> <li>□ ROOMS FOR RENT</li> <li>□ HOUSES FOR RENT</li> <li>□ LOTS</li> <li>□ HOTELS &amp; MOTELS</li> <li>□ COMMERCIAL RENTALS</li> <li>□ LOANS</li> <li>□ INVESTMENTS</li> <li>□ BUSINESS OPPORTUNITIES</li> </ul>	☐ PERSONALS ☐ RECREATION VEHICLES ☐ MOTORCYCLES ☐ WORK WANTED ☐ LOST & FOUND ☐ INDUSTRIAL PROPERTY ☐ MOBILES FOR SALE ☐ MOBILES FOR RENT ☐ MISC. FOR RENT ☐ ACREAGE	☐ INCOME PROPERTY ☐ FARMS & RANCHES ☐ MISC. FOR SALE ☐ SERVICES ☐ EMPLOYMENT OPPORTUNITIES ☐ PETS ☐ CARS & TRUCKS ☐ FURNITURE & APPLIANCES ☐ MISC. WANTED ☐ GARAGE & YARD SALES
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